



be active montgomery!

Free 2014 Demos!

Day	Date	Facility	Time	Activity	Ages
Monday	6-Jan	Wheaton NRC	11:30am	Thunder Martial Arts	all
Monday	6-Jan	Praisner CRC	11:30am	Hula Fit	adult
Monday	6-Jan	Praisner CRC	12:15pm	Knock Out	adult
Monday	6-Jan	Wheaton NRC	3:00pm	Urban Line Dancing	all
Tuesday	7-Jan	East County CRC	7:00pm	Thunder Martial Arts	all
Tuesday	7-Jan	Lawton CRC	11:30am	Thunder Martial Arts	all
Tuesday	7-Jan	White Oak CRC	7:00pm	Step n Sweat Zumba	adult
Tuesday	7-Jan	Praisner CRC	12:00noon	Urban Line Dancing	all
Tuesday	7-Jan	Lawton CRC	1:30pm	Yoga	adult
Wednesday	8-Jan	Mid County CRC	12:00 noon	Thunder Martial Arts	all
Wednesday	8-Jan	Mid County CRC	10:00am	Pre Jazz	preschool
Wednesday	8-Jan	Good Hope NRC	6:30pm	Step n Sweat Zumba	adult
Wednesday	8-Jan	Mid County CRC	11:00am	Passport Kids	preschool
Wednesday	8-Jan	Mid County CRC	11:30am	Cooking	adult
Wednesday	8-Jan	Mid County CRC	1:00pm	Urban Line Dancing	all
Wednesday	8-Jan	East County CRC	12:00noon	Hula Fit	adult
Wednesday	8-Jan	East County CRC	1:00pm	Knock Out	adult
Thursday	8-Jan	East County CRC	10:00am	Pre Hip Hop	preschool
Thursday	9-Jan	East County CRC	12:00 noon	Hula Fit	adult
Thursday	9-Jan	East County CRC	1:00pm	Knock Out	adult
Thursday	9-Jan	Upper County CRC	6:00pm	Hip Hop Kids	youth
Thursday	9-Jan	Mid County CRC	6:30pm	Step n Sweat Zumba	adult
Thursday	9-Jan	Lawton CRC	1:30pm	Yoga	adult
Thursday	9-Jan	Lonbgranch CRC	12:30pm	Guitar	adult
Thursday	9-Jan	White Oak CRC	6:00pm	Urban Line Dancing	all
Saturday	11-Jan	Lonbgranch CRC	11:00am	Pre Hip Hop	preschool
Saturday	11-Jan	East County CRC	2:00pm	Hip Hop Kids	youth
Saturday	11-Jan	White Oak CRC	12:30pm	Hip Hop Kids	youth
Saturday	11-Jan	White Oak CRC	11:00am	Step n Sweat Zumba	adult
Saturday	11-Jan	Lawton CRC	10:00am	Passport Kids	preschool
Saturday	11-Jan	Lawton CRC	11:00am	Passport Kids	preschool
Saturday	11-Jan	Wheaton NRC	11:30am	Urban Line Dancing	all
Saturday	11-Jan	Upper County CRC	2:00pm	Tai Chi	adult
Saturday	11-Jan	Upper County CRC	3:00pm	Meditation	adult

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).

Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov to request accommodations.